

Change

Managing Feelings

Looking for work can bring up some scary, uncomfortable feelings. How can you keep your negative feelings from getting in the way of a successful job search or career plan?



Talking to others can help

It can be a friend, family member, employment or school counselor, minister, a support group, social worker or psychologist. Anyone you have confidence in can help you overcome the jitters.

Write it out

If you're uncomfortable expressing your feelings, just write them out as they come. When finished, read what you've written aloud to yourself, then destroy it. As you do, think of it as destroying those negative feelings themselves so you can get on with what you need to do. This is especially effective with anger.



Deep Breathing

No matter where you are, this is one very effective way to relax and refocus. As you take deep, slow breaths, think only about breathing in energy and calmness, and breathing out negativity and tension.

Physical Exercise

Walk the dog, play a sport, work out with weights, jump rope, clean the house, garage or car. While you exercise, think only of what you are doing and give yourself credit for making the effort.



Face Your Fears

It's normal for everyone to be afraid of something, but fear can be your worst enemy if you allow it to rule your life.

On The Web

<http://www.careerknowhow.com/improvement/controllem.htm> control your emotions and reach the top

<http://www.metrotribe.org/askalison.html> when you've been fired

<http://www.career-advice-plus.com/career-change/midlife-crisis.aspx> dealing with a mid-life crisis

Counseling

If you feel you can't contain your anger and may hurt yourself or others, put your children and pets in a safe place and then call your local crisis or mental health center.

Dealing with Fear

- Recognize everyone is afraid of something.
- Identify your fears. Figure out exactly what you're afraid of (rejection, success, failure or what others might say). Naming your fear can reduce its power.
- Talk with someone you trust. Are you being realistic in your own self-evaluation?
- Recall your strengths and successes. How have you handled other fearful situations?
- Evaluate how likely it is that your fears will become reality. If the worst happens, how terrible will it be?
- Write an action plan to ensure it won't happen. Fear is absence of a plan. Action is the best remedy.
- Take a low-risk action. If you fear interviewing, practice interviewing with a friend or counselor.
- Use affirmations and self-talk. Visualize a positive, successful outcome.
- Face your fears. Take the risk. You can do it! You're ready! Go for it! Remember, Babe Ruth struck out many more times than he hit home runs. Abraham Lincoln had many setbacks before he was elected president.

After you've confronted your fears, you'll be surprised how your confidence will be strengthened.

Source: www.mnwfc.org/cjs/cjsbook/transition2.htm

